

Scapular Retraction with Thoracic Ext/Rot



- This exercise is meant to be performed when a patient is in a sling.
- Keep arm by side (in sling) and lean forward, initiating the movement at your mid-back.
- Lean back and rotate to open your chest, pulling your shoulder blades down and back.
- _____REPS_____SETS_____TIMES/DAY

Seated Posterior Capsule Stretch (Alternate)



- Sit with good posture.
- Place arm across chest so that the hand is placed over the top of the opposite shoulder.
- Gently push arm at the elbow with the opposite hand until you feel a stretch near your armpit.
- Hold 30 seconds
- _____REPS_____SETS_____TIMES/DAY

Barrel Hug



- Imagine a 55-gallon drum is on your lap and you are trying to get your arms around it.
- For stretching the left side of your upper back, turn slightly to the right and put more weight on your left hip. You should be slightly bent forward.
- You should make the “apex” of the curve in your upper back over the area you are trying to stretch.
- 30 sec hold___REPS___SETS___TIMES/DAY

Latissimus (Prayer) Stretch



- Sit buttocks back on heels and reach arms forward until you feel a stretch beneath your arm pits.
- You can also walk arms to the left or the right to isolate the stretch to one side. If you walk to the left, shift your weight through your hips to the right. Reverse for right side.
- Hold for 30 seconds.
- _____REPS_____SETS_____TIMES/DAY

Shoulder Sweep



- Lie on your side with your right arm straight under your head and your knees pulled in toward your chest. The farther your knees are pulled in towards your chest, the higher up your spine you will be stretching.
- Keep your left hand in contact with the floor.
- Slowly sweep your arm in a large circle while reaching as far as possible. Tip: The goal is to keep your hand in contact with the floor at all times.
- When you can sweep your arm no farther without your hips lifting off the floor, bend your elbow and place your left hand behind your head and hold the stretch.
- Repeat on other side.
- _____ SEC HOLD _____ REPS _____ SETS

Sidelying Trunk Rotation



- Lie on your left side with you left leg straight and right hip and knee bent.
- Put your right hand behind your head for support.
- Let your left arm rest straight out in front of you on the floor.
- Slowly rotate back toward the left by bringing your right elbow toward the floor. Take a deep breath in and then gently rotate further.
- The more you bend your right hip toward your chest, the higher up your spine you will feel the stretch.
- Repeat on opposite side.
- 30 SEC HOLD ____REPS____SETS____TIMES/DAY

Sit Back



- Wrap a towel or sheet around your feet.
- Lower your body backward while holding towel/sheet until you feel a stretch in your upper back.
- To stretch the left side of your upper back (see above), turn your head slightly to the right and lean toward your left hip. Then, push the left side of your upper back outward.
- 30 sec hold
- _____ SETS
- _____ TIMES/DAY

Thoracic Extension over Towel Roll (or Noodle)



- Place a towel roll or noodle on the floor.
- Lie with your upper back over the roll.
- Place your hands behind your head for neck support.
- Gently curl up and down so that your back is pivoting over the roll. Ensure that you are extending your back all the way to the floor or mat. Tip: Perform on a firm surface and keep the lumbar spine steady by drawing in the abdominals.
- Move the roll or noodle so that you lean over the upper, middle and lower thoracic spine.
- Reaching over your head with both arms will increase the vigor of the stretch.
- The purpose of this exercise is to promote thoracic extension.
- _____REPS_____SETS_____TIMES/DAY

Upper Thoracic Extension Self-Mob



- Sit in a chair with a rigid back. Place yourself so that the area you want to stretch is ABOVE the backrest (you may need to scoot forward in the chair).
- Lace your fingers behind you head for support (if this is painful, you may cross you arms across your chest).
- Lean back over the edge of the chair until you feel a stretch in your upper back.
- 30 sec hold ____REPS__SETS____TIMES/DAY

Theraband Single Arm Row



- Keep back flat
- Pull hand up to chest
- Hold 2-3 sec

___ REPS

___ SETS

___ TIMES/DAY

Theraband Double Arm Row



- pull back while squeezing shoulder blades together
- hold 3 sec, slowly release

___ REPS

___ SETS

___ TIMES/DAY

- may be performed with arms straight and at various shoulder angles

Dumbbell Single Arm Row



- Bend over at waist, holding a weight in one hand and placing another hand on a secure surface for support.
- Start with elbow completely straight, allowing weight to slightly pull shoulder down.
- Pull the weight in a rowing motion, initiating the movement from the back and skimming the elbow along your side.
- _____REPS _____SETS _____TIMES/DAY

Lower Trap Initiation against Wall



- Pull the bottom tip of the shoulder blade towards your opposite pocket, firing the muscles in your mid-back.
- Hold the contraction ____ seconds.
- Progression: Stand in doorway and contract the muscle, using the force of the doorway to increase the force of the contraction.
- ____REPS ____SETS ____TIMES/DAY

Shoulder Depression/Dips



- Pt sits with/without theraband in chair. If using theraband wrap around neck and behind shoulders.
- Pt lifts body off chair by pushing down through hands. Feet should come off the floor during lift.
- Hold elevated position for 2-3 seconds then lower body slowly down to table.
- _____REPS _____SETS _____TIMES/DAY

Advanced Shoulder Depression/Dips



- Using Gravitron/Dip Machine.
- Pt lifts body by pushing down through hands keeping elbows extended.
- Hold elevated position for 2-3 seconds then lower body slowly down to start position
- ____REPS ____SETS ____TIMES/DAY

Shoulder Ext/Scap Retraction with Lunge



- Begin in ending lunge position with elbows straight, holding onto secured theraband.
- Stand up straight from deep lunge position, simultaneously pulling shoulder blades down and together.
- This IS NOT A ROW exercise: the emphasis should be on scapular stabilization rather than latissimus strengthening.
- _____REPS _____SETS _____TIMES/DAY